

WELL CHILD EXAM - LATE

Pidadaingston State DEPARTMENT OF SOCIAL 6 HEALTH SERVICES			CHILDHOOD: 10 YEARS (Meets EPSDT Guidelines)				DATE	
				LATE	CHILD	НС	OD: 10 YEARS	
	CHILD'S NAME					BROUGHT IN BY		DATE OF BIRTH
0 1 0	ALLERGIES				I	CURRENT MEDICATIONS		
ND CHILD A	ILLNESSES/ACCIDENTS/PROBLEMS/CONCERNS SINCE				CE LAS	ST V	/ISIT	TODAY I HAVE A QUESTION ABOUT:
PARENT AND CHILD TO COMPLETE ABOUT CHILD	YES NO					ES	☐ My child see☐ My child han	ms rested when he/she awakens. Idles stress, anger, frustration appropriately. Is some physical activity every day.
VEIGHT KG./OZ. PERCENTILE HEIGHT CM/IN. PERCENTILE BLOOD PRESSURE						Diet		
Roscreer	· ·	MHZ 4000	ИНZ R L				Sleep Review Immunization Record TB Dental Referral Hct/Hgb Health Education: (Check all discussed/handouts given)	
Vision Development Behavior Social/Emotional Mental Health		2000 1000 500 N A		L 20/			Nutrition Child Care Regular Physical Activity Seat Belt Reading/Homework Helmets/Safety Gear Passive Smoke/Smoking Bedtime/Household Rules Dental Care Puberty/Menses Onset Other: Assessment/Plan:	
Physical: General appearance Skin Head Eyes Ears Nose Oropharynx/Teeth Neck Nodes Describe abnormal findi		N A	Chest Lungs Cardiovascu Abdomen Genitalia Spine Extremities Neurologic Gait	ılar/Pulses		A		
						IMMUNIZATIONS GIVEN		
						REFERRALS		
NEXT VISIT: 12 YEARS OF AGE						HEALTH PROVIDER NAME		
IFALTIL DDOVIDED CIONATUDE						HEALTH DROWDER ADDRESS		

DSHS 13-685C(X) (REV. 08/2004) - TRANSLATED

DISTRIBUTION: White - Physician Yellow - Parent/Guardian

 \square SEE DICTATION

Your Child's Health at 10 Years

Milestones

Ways your child is developing between 10 and 12 years of age.

Your child should be getting in his permanent side teeth, the cuspids and bicuspids.

Between 10 and 12 many children will begin to develop as adults. Girls may start to get breasts and menstruate. Boys may get facial and pubic hair.

Talk with your child about body changes before they happen. Boys should know about beards, voice changes and wet dreams. Girls should know what to do when her period begins.

You can help your child learn new things by talking and playing with her. Make a game of practicing hand signals or saying "No" when a stranger offers her a ride.

For Help or More Information

Planned Parenthood, family planning agencies, health departments and community colleges may have "Mom and Me" or "Dad and Me" classes to help explain growing up to boys and girls. You can call 1-800-375-2666.

Firearm safety:

Safe Storage Hotline, 1-800-LOK-IT-UP (565-4887)

Car seat safety: Safety Restraint Coalition, 1-800-BUCK-L-UP (voice) or 1-800-833-6388 (TTY Relay)

Parenting Skills or Support: Family Help line, 1-800-932-HOPE (4673) Family Resources Northwest, 1-888-746-9568 Local Community College Classes

Health Tips

Your child should see the doctor for a checkup at least every other year.

She should see the dentist every six months. Be sure that she is brushing correctly with fluoride toothpaste and flossing daily.

You and your child should exercise 20 to 30 minutes each day. You could go for a walk or roller blade together. This is an important habit for her to learn.

Parenting Tips

Have your child help you plan meals and make meals every week. This is a good time for him to practice choosing all of the parts of a healthy meal.

Touching, hugging, and kissing your child tells him you care. This is important even though your child may not want you to do it when their friends are around.

Teach your child what she can and cannot do when she is angry. Learning to settle a family argument peacefully helps her peacefully settle arguments with friends.

Safety Tips

Have family safety practices in your house:

- Test the smoke alarm and change the batteries when needed.
- Have fire drills and practice escape routes and crawling under the smoke.
- Keep all guns and rifles unloaded and locked up.
- Use seat belts every time anyone rides in a car
- car.
 Use correctly the helmets and pads for biking, skating or using a scooter. Adults must use helmets and pads too!

Teach your child gun safety. They never play with real guns. If you keep guns in your home, make sure they are unloaded and locked up.

Guidance to Physicians and Nurse Practitioners for Late Childhood (10 years)

The following highlight EPSDT screens where practitioners often have questions. They are not comprehensive guidelines.

Fluoride Screen

Fluoride supplements should be considered for all children drinking fluoride deficient (<0.6 ppm F) water. Before supplements are prescribed, it is essential to know the fluoride concentration of the patient's drinking water. Once the fluoride level of the water supply has been evaluated, either through contacting the public health officials or water analysis, as well as evaluating other sources of fluoride, the daily dosage schedule can be recommended. Pediatric Dentistry: Reference Manual 1999--00.(21)5.

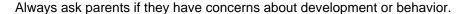
Bed-wetting

Most children who wet the bed over come the problem between 6-10 years of age. Even without treatment all children eventually get over it. It is important for primary care practitioners to discuss with parents any concerns about their child's incontinence and potential treatment options during the annual exam. Use clinical judgment with treatment.

Total Cholesterol/Lipoprotein Screens

- Screen children with a parent or grandparent with premature (before age 55) cardiovascular disease.
- Recommend lipoprotein screen for children with a total cholesterol equal to or greater than 170 on two tests with a parent whose cholesterol is greater than or equal to 249 mg/DI.

Developmental Milestones



Notes: Immunization schedules are from the Advisory Committee on Immunization Practice of the U.S. Centers for Disease Control and Prevention.